

Old Age  
by  
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- Introduction
- Bible Verses
  - Genesis 18:14 – Is anything too hard for the Lord?
  - Psalms 18:16 – He sent from above, He took me; He drew me out of many waters.
- Old Age

Seniors over 100 years are the single fastest growing demographic group in the U.S.A. Factors that may have helped them get to 100 include:

  - coping well with stress
  - being thin
  - not drinking
  - not smoking
  - having confidence
  - being independent
  - having increased life satisfaction

Old age is a relative concept. Years lived is not always the best measure. I believe improved medications are also factors in longevity.
- Conclusion
- Bible Verses
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